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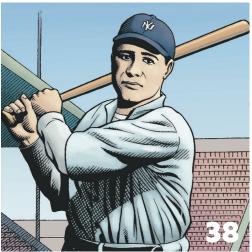






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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.8 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.



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Membership grows where young families are welcomed

A new membership year is upon us, and The American Legion is trending

in the right direction, especially where we are welcoming young veterans and their families into ours.

In April, I met members of Jack Henry Post 1 in Anchorage, Alaska - which has nearly doubled in membership over the past three years - and was delighted to learn that most of the increase is from the post-9/11 generation. There and elsewhere, the formula has been pretty consistent: engage with schools, civic and business groups; promote and demonstrate the value of The American Legion to veterans and active-duty personnel alike; and make changes, if needed, to promote family-friendliness.

Post homes are growing where playgrounds, programs and healthy activities are established that appeal to children. Young veteran parents are discovering in those communities that the local post is not just an adults-only clubhouse, and they are finding their place in our great American Legion Family. That's what led to massive growth at Fuguay-Varina Post 116 in North Carolina. And it's been the catalyst at Post 1.

That's so important as we seek to impart responsible citizenship through youth programs like Boys State, Junior Shooting Sports, oratorical competition, American Legion Baseball and more.

In Anchorage, I met the youngest member of Sons of The American Legion Squadron 1: 4-month-old Clark Dean, whose mother, Laura Sturdevant, is adjutant of Post 1. As I held little Clark, sporting his blue SAL stocking cap, his 33-year-old mother made a timeless point: "I just see all the benefits, particularly for junior members, getting junior SAL and junior Auxiliary involved - such a great way to teach them about why this country is great, and why we continue to be great, and support their development to be active citizens."

To continue doing just that - and to grow - we need to make new connections, change where needed, and welcome and mentor today's young veterans as those who came before us have done over the past century.





Veterans Strengthening America

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'This says it all'

Your May cover is what America is all about.
I am 96 and a World War II veteran, and have been a member of the Legion since 1944.
I looked at the cover and said, "This says it all."

Joseph B. Watson, Rocklin, Calif.

Every military headstone has a story

I totally agree with National Commander Paul E. Dillard's message (Commander's Message, May). I recently became involved with an organization called Stories Behind the Stars. Its mission to write a story about every U.S. servicemember lost during World War II; it is also developing a smartphone app that will allow people to scan the name on a headstone and see the person's story.

My uncle, Roman Mierzejewski, was a 19-year-old pilot with the 325th Fighter Group when he was lost on June 28, 1943, while protecting bombers over Sardinia. I have given myself the mission to write the stories of the Checkertail Clan, a moniker given to the 325th by Axis Sally in 1943. To date, I have researched and written more than 75 stories.

I also wrote the stories of 10 servicemen from Millstadt, Ill., home of my American Legion Post 502. It is my honor to do my part to help remember and honor America's World War II fallen servicemembers.

To learn more and get involved, check out **storiesbehindthestars.org.**

John Mier, Belleville, III.

Eugene

Antonio

Hickman, San

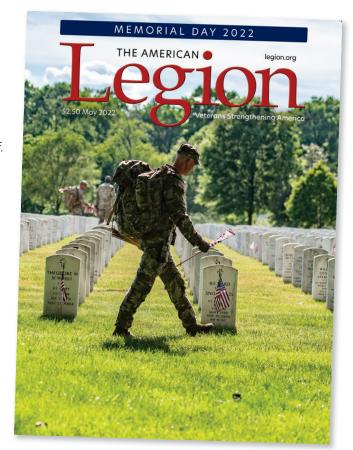
A Senseless War

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WELCOMES
YOUR OPINIONS

The analysis of the Ukraine war by Alan W. Dowd (May) is the best, most cogent analysis I have read to date. Thank you for publishing it.

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All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

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"We found a good cause and were able to get the message out that hey, this is important, and the community agreed."

Matt Lagerstrom, adjutant of American
Legion Post 88 in White, S.D., which raised
\$6,280 to send veterans on a Midwest Honor
Flight. Coming from a post in a town of 500,
the donation inspired other posts to step up
and raise more than \$180,000 in eight months.
The Department of South Dakota challenged
its 200 posts to sponsor one local veteran as
part of its "Send One" campaign, and has now
paid for nearly two Midwest Honor Flights in
addition to the South Dakota American Legion
Mission 13 Honor Flight, set for October.



God Is Near

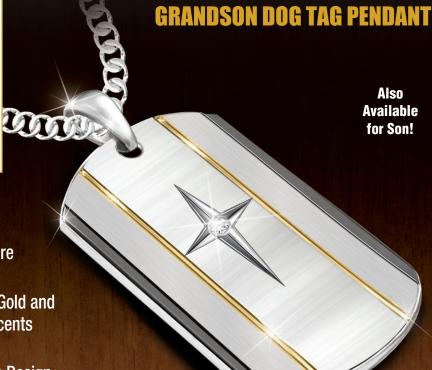
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Europe remembers the murders, destruction and subjugation of World War II, and history is repeating itself in Ukraine. Tactical nuclear missile systems should be deployed in NATO countries. The addition of Sweden and Finland will give NATO strategic presence in the north.

Economic sanctions against Russia must be maintained for years to drive its economy into a depression. This will hurt the civilian population, but it is necessary to deprive the Russian military of funding and hopefully significantly degrade it over time. And Russia must pay trillions of dollars in war reparations to rebuild Ukraine.

Donald Moskowitz, Londonderry, N.H.

Under the Cloud

What a great read was J. B. Rivard's article (April). I was a member of Joint Task Force 7, which aided the British nuclear tests in 1957. Our mission was to provide communication support. I was stationed at Hickam Air Force Base in Hawaii. The British were based on Christmas Island, as Rivard reported, but at least one British enlisted man was also on Hickam and had the first Land Rover I ever saw. I asked what in the world it was and was told it was a "Limey Jeep." While the test was primarily British, the device was dropped from one of our B-36s.

On the way from Japan to Hawaii, I asked my sergeant what the mission was all about, and he said we were going to help the British test a bomb. I asked why, and he said he guessed they didn't know how to do it by themselves. I told him, "Hell, I don't know how to do it either."

David E. Burke, Minneapolis

While my involvement in the tests was nowhere as involved as J.B. Rivard's, I was still impressed with the sight of the mushroom cloud overhead when we were allowed back on deck on our destroyer, which was on perimeter patrol to keep uninvited guests out of the area. The shock wave was also impressive when it hit the side of the ship. We saw only one Russian observation ship our whole time on patrol. It tried playing a little chicken with us. Women were part of their crew, and they teased our young crew by sunbathing on the top deck in full view.

Fred L. Minker, Sequim, Wash.

THE PLAYLIST

American Legion videos you don't want to miss.



Flying flags for freedom

Sons of The American Legion National Commander Michael Fox leads a ceremony in Indiana as part of a national program to remember U.S. veterans everywhere.

Joe Piscopo joins the Sons

"Saturday Night Live" alum and radio host proudly becomes a member in Illinois.

Memorial Day gaming tourney

Post 283 in California teams up with Red Cross and Regiment Gaming to connect veterans through competitive fun over Memorial Day weekend.

Visit **legion.org/magazine/videos** or subscribe to The American Legion's YouTube channel to see and share other American Legion videos.

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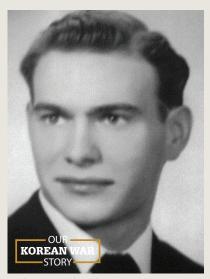
Leather

'He was a good friend'

Bob Rauen and I went to the same grade school, played on the same junior high football team and even had paper routes at the same Milwaukee Journal station.

We went to different high schools, but remained close by doing things together almost every night and weekends. We even had the same kind of car. Bob had a '48 and I had a '47. He was about a year and a half older than me, and was drafted for the Korean War. He went to basic and AIT at Indiantown Gap, Pa., and then came home on leave. Needless to say, we went out and had a few beers.

Shortly after leave, Bob was sent to Korea with the 7th Regiment, 3rd Infantry Division. I received a letter from him dated June 12, 1953, describing the conditions over there and indicating a planned attack on a hill he called Sugar Loaf. I responded to Bob's letter on June 23, 1953. My letter was returned to me July 17, stamped "verified deceased."



Robert Michael Rauen Photo courtesy HonorStates.org

I later found out that Bob was killed June 24, so he never received my letter. He had been in Korea only 20 days, and he was 20 years old. I served as a pallbearer for Bob when his body was returned to the States, and there isn't a day that goes by that I don't think of him. He was a good friend.

- Submitted by Richard Peters, American Legion Post 8, Lexington, Ky.

Share your Korean War stories and photos online: legion.org/legiontown

100 miles, two bodybuilders, one podcast episode

A recent episode of the Tango Alpha Lima podcast features two professional bodybuilders and Iraq War veterans. Both are participating in the third annual 100 Miles for Hope challenge.



 Coast Guard Academy graduate Rachelle Cannon is a prevention and wellness program manager in Maryland. Her grandfather served in World War II and as commander of his American Legion post. Cannon says a support network like 100 Miles for Hope is great for accountability. She encourages teaming up with a buddy or group: "Focus on fun, and the next thing you

know, you're saying, 'Wow, look what I have accomplished.'"



· Army veteran and West Point graduate Julia Waring is a personal fitness and nutrition specialist. Not only does a commitment to fitness improve one's appearance, but it strengthens the heart, eases pain and boosts longevity, she says. "It's not about this really quick diet or being in the gym every day. It's starting through small adjustments It's about health."

Visit **legion.org/tangoalphalima** to listen or watch this episode and more than 130 others.

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American Legion **Operation Comfort** Warriors funds used in April to purchase home exercise and recreational therapy equipment. OCW grants purchase comfort items and make other items or experiences available to improve life for wounded, sick or disabled military personnel and qualified veterans.





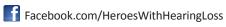
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050322

Help your department win the 100 Miles for Hope challenge

Which departments will rise to the top in this year's 100 Miles for Hope Department Breakout Challenge?

The challenge organizes departments into six categories based on size, and runs through Sept. 5. The department in each category that raises the most donations by that date will receive a plague from National Commander Paul E. Dillard.

All proceeds from the department challenge, as well as registrations and donations, go directly to supporting disabled veterans and military families through the American Legion Veterans & Children Foundation (V&CF).

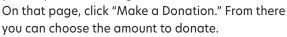
At press time, the fundraising totals were very close.

"I love watching departments jockey for position," Dillard said. "I want all departments to have successful 100 Miles for Hope fundraisers, because when they do it's our disabled veterans and military families who reap the benefits. Of course, I really want to see Texas come out on top in our category."

HOW TO SUPPORT YOUR DEPARTMENT

Your fundraising totals will count toward your department's overall total as long as you join its team.

Donate online. To donate to your department, scan the QR code, find your department and go to its URL.



Donate via text. Scan the QR code to find your unique department code and text it to 71777. You'll receive a link to donate to your department.

Donate via mail. Make checks out to American Legion Charities, with "100 Miles for Hope" in the memo line. Mail them to American Legion Charities, 100 Miles for Hope, P.O. Box 361210, Indianapolis, IN 46236-1210. To be part of your department's tally, checks must be received by Sept. 5.

Become a fundraiser. Visit app.mobilecause.com/ vf/100MFH to sign up. Choose "Become a fundraiser" and select your department as your team. The donations you receive will count toward your department and your individual total.

To sign up, donate and read the FAQs, visit legion.org/100miles.



really a moment where we can be proud that we have a strong legislative program and work hard to get things done."

2021-2022 American Legion Department of Georgia Commander Mark Shreve, who attended an April press conference where Georgia Gov. Brian Kemp signed a law exempting military retirement income up to \$25,000 from state tax, matching surrounding states. Georgia Legionnaires lobbied in support of the new legislation for decades.



2,385 Hours spent by American Legion Eagle Scout of the Year Christopher Adam and other volunteers designing and constructing Liberation Pointe, a D-Day memorial at the Army Heritage and Education Center in Carlisle, Pa. A member of Boy Scout Troop 88, Adam was nominated by American Legion Post 109 in Mechanicsburg and will receive a \$10,000 scholarship. He raised more than \$42,000 for his Eagle Scout project, which took two years to complete and opened to the public on Veterans Day in 2019, with 24 World War II veterans in attendance. After high school, Adam wants to attend the Air Force Academy or the Naval Academy and become a pilot.

SACRED STONE OF THE SOUTHWEST IS ON THE BRINK OF EXTINCTION





Centuries ago, Persians, Tibetans and Mayans considered turquoise a gemstone of the heavens, believing the striking blue stones were sacred pieces of sky. Today, the rarest and most valuable turquoise is found in the American Southwest— but the future of the blue beauty is unclear.

On a recent trip to Tucson, we spoke with fourth generation turquoise traders who explained that less than five percent of turquoise mined worldwide can be set into jewelry and only about twenty mines in the Southwest supply gem-quality turquoise. Once a thriving industry, many Southwest mines have run dry and are now closed.

We found a limited supply of turquoise from Arizona and purchased it for our *Sedona Turquoise Collection*. Inspired by the work of those ancient craftsmen and designed to showcase the exceptional blue stone, each stabilized vibrant cabochon features

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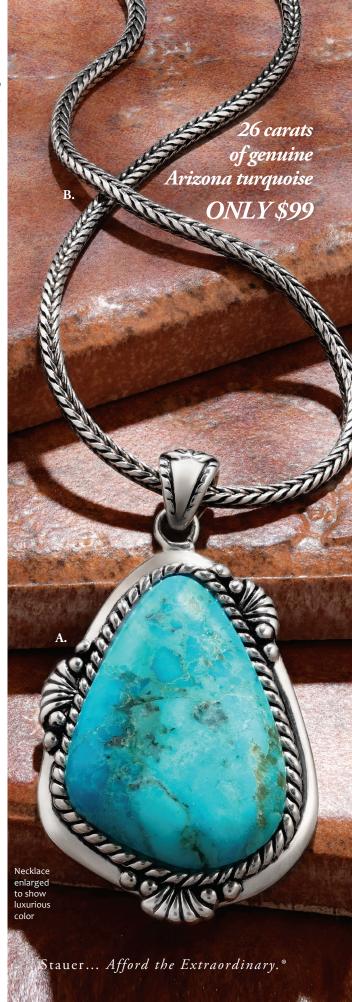
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HEALTH & FITNESS BY JENNIFER CAMPBELL

Sail into the Mediterranean diet

Fad diets are trendy weight-loss plans that promise dramatic results. Typically, these diets are not healthy and don't result in long-term weight loss, and some can actually be dangerous to your health. Nutrition professionals recommend avoiding short-term fad diets and focusing on a healthy eating lifestyle.

A key indicator when evaluating a diet is to look at the demographics and lifestyles of those who adhere to it. One healthy option is the Mediterranean diet, a way of eating based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea. Typically you'll see fish as a protein staple. Plant-based foods such as whole grains, vegetables, legumes, fruits, herbs and spices are the foundation, along with an abundance of healthy fats though nuts, seeds and olive oil.

The Mediterranean diet focuses more on an eating pattern than a strictly regimented (and usually restrictive) diet plan. The food choices are based on the dietary traditions of Crete, Greece and southern Italy in the mid-20th century, when these countries had low rates of chronic disease and higher-thanaverage adult life expectancy despite limited access to health care and Westernized medicine. Experts believe their diet contributed to their good health. It also emphasized the benefits of daily physical activity and social aspects of eating meals together.

If you have or are at risk of a chronic condition like heart disease, hypertension or diabetes, ask your physician if the Mediterranean diet might be right for you. It is often promoted by health professionals to decrease the risk of heart disease, depression and dementia.

Olive oil is the primary source of added fats in the Mediterranean diet, which has been shown to lower total cholesterol and low-density lipoprotein ("bad") cholesterol levels. Nuts and seeds also contain monounsaturated fats for heart health. Fatty fish (mackerel, herring, sardines, tuna and salmon) are rich in omega-3 fatty acids, which help fight inflammation in the body. These also help decrease triglycerides, reduce blood clotting, and lower the risk of stroke and heart failure.

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is commander of the California American Legion's 24th District.



- · Start planning meals around vegetables, beans and whole grains.
- · Eat fatty fish at least twice a week.
- · Use olive oil (low heat) and avocado oil (high heat) instead of butter or vegetable oils in preparing food.
- Serve fresh fruit for dessert the more colorful, the better.
- Wine can be included, but only in moderation.
- Strive to be physically active and share meals with loved ones.

Less screen, more green

A study of 577,000 youth 11 to 15 found that the more physically active children are especially outdoors - the happier they are. "Boys who spent about 90 minutes a day on their screens - including TV, cellphones, computers and video games - and girls who spent an hour on devices were more likely to feel sad about their lives," HealthDay reports.

Just 19% of youth surveyed said they are physically active daily, and reported an average screen time of six hours a day.

Researchers offer parents a simple remedy: create "technology-free zones," set aside times to unplug, and create opportunities for other activities, especially outdoors.

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1. Yu J., et al (2016) Topical oxygen therapy results in complete wound healing in diabetic foot ulcers. Wound Repair and Regeneration. 24 1066-1072. 2. Lee A. (2021) Continuous topical oxygen therapy – Improving healing in the diabetic foot. Poster presentation DFCon

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Whole health starts with you

VA initiative focuses on supporting veterans through self-care.

BY RONALD B. RUTHERFORD

What matters to you — not what is the matter with you — is the focus of VA's Whole Health model. Your Whole Health team will get to know you as a person to develop a health plan based on your values, needs and goals.

The United States ranks low in life expectancy despite spending far more on health care than any other country. It is time to create a health system, rather than a disease-care system – one that empowers and equips veterans to discover a new path to health and well-being.

Whole Health focuses on self-care, skill building and support. These services are not diagnosis- or disease-based but support the personal health plan of each veteran. You don't have to wait until something is wrong to improve your well-being, but are encouraged to set goals based on what is important to you and work toward those goals with your health-care team.

Studies show that veterans who use Whole Health services report being able to manage stress better and note the care they receive is more patient-centered. They are also having success with chronic pain, weight loss, improved mental health, and better vital signs and diagnostic test results through the eight self-care areas of the Circle of Health.

VA Whole Health tools and resources, including the Whole Health app, are available and easily accessible. Services are available through your local VA health-care facility; stop in and ask to speak to the Whole Health staff.

Visit **va.gov/wholehealth** to learn more.

Ronald B. Rutherford is the Whole Health Outreach lead at the VA Office of Patient Centered Care & Cultural Transformation, and a member of American Legion Post 760 in Bethel Park, Pa.

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- Family, friends and coworkers Developing close, loving, supportive relationships with others
- Spirit and soul Cultivating a sense of connection, purpose and meaning
- Power of the mind
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 to heal and cope through
 mind-body approaches



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America's Ship of State

Old Ironsides turns 225.

BY JOHN RAUGHTER



Oliver Wendell Holmes Sr., a 22-year-old law student, penned "Old Ironsides" in 1830 for the Boston Daily Advertiser. Reprinted by newspapers in New York, Philadelphia and Washington, the poem was widely credited for pressuring appropriators to rethink their plans for scrapping Constitution.

Aye, tear her tattered ensign down! Long has it waved on high, And many an eye has danced to see That banner in the sky; Beneath it rung the battle shout, And burst the cannon's roar;— The meteor of the ocean air Shall sweep the clouds no more.

Her deck, once red with heroes' blood,
Where knelt the vanquished foe,
When winds were hurrying o'er the flood,
And waves were white below,
No more shall feel the victor's tread,
Or know the conquered knee;—
The harpies of the shore shall pluck
The eagle of the sea!

Oh, better that her shattered hulk Should sink beneath the wave; Her thunders shook the mighty deep, And there should be her grave; Nail to the mast her holy flag, Set every threadbare sail, And give her to the god of storms, The lightning and the gale! t was an inauspicious start. After a series of speeches and a ceremony attended by President John Adams, the new pride of the Boston Harbor was ready to launch. On Sept. 20, 1797, Col. George Claghorn, superintendent of naval construction, gave the order to send USS Constitution down the slip.

It didn't move.

The crowd, which included families watching from rooftops and small boats, was stunned. Strong men with jacks quickly reacted. After much effort, the wooden-hulled frigate finally moved, just 27 feet.

Two days later, another attempt was made, this time with a little less pomp. The ship moved 31 feet.

High tide came a month later, on Oct. 21. Captained by the legendary Samuel Nicholson and witnessed by future King of France Louis Philippe, *Constitution* finally made it to sea. Eventually the frigate would become the oldest ship afloat.

If *Constitution* were a cat, it would have exceeded its nine lives. Surviving and often prevailing in encounters with British, French and pirate ships, *Constitution* was nearly destroyed several times by budget-minded bureaucrats during its two centuries of existence. Still an official member of the U.S. Navy's fleet, it is designated a museum ship with an active Navy crew.

"As a Navy veteran, it amazes me to see this floating monument and tribute to Navy history," American Legion National Commander Paul E. Dillard said during a visit April 1. "It is a living textbook about the hard life and conditions that 18th- and 19th-century sailors endured. There were no comforts. Survival required brute strength, skill and the grace of strong winds. The story of USS Constitution is really the story of our nation. It prevailed over strong odds and formidable enemies."

War of 1812 Built by Joshua Humphreys as one of the Navy's original six frigates, Constitution was rated for 44 guns but often carried more than 50 cannons. Though the vesssel first had success battling Tripoli's gunboats in the First Barbary War, it was during the War of 1812 that the 204-foot, 2,200-ton ship earned legendary status. In addition to capturing numerous merchant vessels, Constitution defeated five British warships.

In the waters southeast of Halifax on Aug. 19, 1812, Capt. Isaac Hull saw an approaching frigate on the horizon. It did not appear to be American. In fact, it was HMS Guerriere. A year earlier, Guerriere badly damaged the brig Spitfire outside New York Harbor and captured several men. Adding to the tension was an attack on the British sloop Little Belt by Constitution's sister ship, USS President, also in 1811.

Painted on one of *Guerriere*'s sails were the words "Not the Little Belt." For the crews of Constitution and Guerriere, the coming clash was personal. It would also earn Constitution a permanent nickname. Guerriere fired first, with Hull wisely holding fire until Constitution was in close range. He maneuvered within 25 yards of the British ship, whose cannon shots landed some hits but were largely ineffective. Constitution's cannonballs brought down Guerriere's mizenmast. By 5:40 pm, the ships had collided.

In the end, *Constitution's* victory was decisive and Guerriere surrendered. Surviving crew were evacuated. In his after-action report to the secretary of the Navy, Hull wrote, "At daylight we found the Enemy's Ship a perfect Wreck, have many shot holes between wind, and water, and above Six feet of the Plank below the Bends taken out by our round Shot, and her upper works so shattered on pieces, that I determined to take out the sick and wounded as fast as possible, and set her on fire, as it would be impossible to get her into Port."

The vanguished enemy was in awe. "No one that has seen the Constitution would believe that there should be such a ship for a frigate," wrote a Guerriere lieutenant as he was released from American custody. "She was laid down for a 74-gun ship, is 180 ft. long as her upper deck 45 ft. 10 inches breath of beam. She has no gangways, but two complete decks, the same as a line-of-battleship and is 1,630 tons."

March 27, 1794 ▶ "An Act to provide a Naval Armament,"

signed by President



George Washington, authorizes the purchase or construction of six frigates to create the **United States Navy**

1794-1797 Constitution built at Edmund Hartt's shipvard in Boston's North End

July 16-19, 1812 Escape from five British warships off the coast of New Jersey

Aug. 19, 1812 Battle with HMS Guerriere

Dec. 29, 1812 Battle with HMS Java

April 3, 1814 Escape from HMS Junon and HMS Tenedos into Marblehead Harbor

Feb. 20, 1815 Battle with HMS Cyane and **HMS Levant**



USS Constitution Museum

◄ July 2, 1834 Boston captain Samuel Worthington Dewey beheads the wooden Andrew Jackson figurehead in protest

1844-1846 World cruise of 52.370.5 miles

1906-1907 Restoration work begins in Boston, marking the first attempt to restore Constitution to its War of 1812 configuration

1931-1934 Constitution visits 76 cities along U.S. Atlantic, Gulf and Pacific coasts

July 3, 1954 Congress designates Boston as ship's official home port

May 1976 White oak trees at Naval Surface Warfare Center in Crane, Ind., are reserved for future restorations

July 21, 1997 Constitution sails under its own

power for the first time in 116 years

Aug. 19, 2012 ▶ Sails in Boston Harbor in commemoration of the War of 1812



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It is believed the lieutenant exaggerated the ship's firepower to justify Guerriere's loss. But what persists to this day is the exaggeration about Constitution's structure made by another British sailor. After seeing *Guerriere*'s cannonballs repeatedly bounce off the frigate's sides, he exclaimed during the battle, "Huzzah! Her sides are made of iron!" Thus the legend of "Old Ironsides" was born.

Constitution's hull is mostly white oak, with Douglas fir on the decks. The copper sheeting and many of the ship's brass fittings were forged by Paul Revere himself. A useful deterrent for woodmunching sea worms, copper played another significant role in *Constitution*'s survival. This copper, however, came not from Revere's mill but the pockets of America's children.

Patriotic pennies As the Navy sought to modernize through steam power, preserving an old wooden frigate like Constitution seemed expensive and impracticable to some. The Boston press reacted with hostility in 1830 when it appeared that appropriators would do what foreign navies could not: take down Constitution.

A young Oliver Wendell Holmes Sr. moved the nation with his poem "Old Ironsides," leading to Congress and the Navy brass relenting. Constitution was saved for another generation.

The historic warship spent most of the Civil War serving as a training ship and quarters for cadets in Newport, R.I. Navy Secretary Charles Joseph Bonaparte caused a stir in 1905 when he suggested using *Constitution* for target practice. Congress instead authorized a \$100,000 restoration. Constitution would also serve as a museum ship open for public tours.

The restoration was only a temporary solution, however, for a ship now more than a century old. A 1924 inspection revealed serious rot and ruin. A national effort by the Elks Club encouraged schoolchildren to donate pennies to help save Old Ironsides. The effort yielded nearly \$154,000 from students, and thousands of emptied and broken piggy banks.

Children again came to Constitution's rescue in the 1990s when they raised money for new sails so the "eagle of the sea" could sail without the assistance of a towline on its 200th anniversary.

American Legion Past National Commander Jake Comer of Massachusetts recalls a "significant amount" of coins contributed. According to David Fitz-Enz, author of "Old Ironsides: Eagle of the Sea: The Story of the USS Constitution," 15 million copper pennies were donated for the sails, nearly matching the \$154,000 raised 70 years earlier.

"While the sails provided the power to move the vessel, it was the sailors who spent themselves positioning those sails," Fitz-Enz wrote of the bicentennial voyage. "The hoisting, rigging, unfurling and bracing round consumed all of the energy of the young men and women who had learned to climb and tend that historic power plant."

On July 21, 1997, for the first time in 116 years, Constitution sailed again under its own power as thousands watched from the Massachusetts shores. It was a feat repeated in 2012 to mark the 200th anniversary of the warship's legendary victory over *Guerriere*. No towlines or tethers – just wind, sails and the survival of a republic.

John Raughter is The American Legion's deputy director of media relations.

Museum of a museum ship

While Constitution is commissioned as a museum ship, just steps away in Charlestown Navy Yard visitors can tour a brick-and-mortar tribute to Old Ironsides. The USS Constitution Museum is open daily from 10 a.m. to 5 p.m., and visitors can browse its collection of 2,000 artifacts and 10,000 archival records online, too.

ussconstitutionmuseum.org



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The Legionnaire at Constitution's helm

In January, Cmdr. Billie J. Farrell became the 77th commanding officer of America's most historic warship. A Naval Academy graduate from Paducah, Ky., she's the first woman to lead Constitution - and the newest member of J.W. Conway Bunker Hill American Legion Post 26 in Charlestown, Mass., where she was recruited by National Commander Paul E. Dillard.

Farrell recently spoke with The American Legion Magazine about Constitution and its crew.

As the first woman to command Constitution, what was your reaction to this assignment?

I was thrilled. I have served 18 years in the Navy as a surface warfare officer, which means my job is to fight and drive ships. To be afforded the opportunity to command one of the first ships of our Navy, and to represent all the sailors who have served and those who are still serving, is a humbling but rewarding position in every aspect.

What are some of the similarities between the duties of the 18th- and 19th-century crews and the modern Navy?

I am assigned a crew of 80 active-duty sailors here on special duty assignment for two to three years. They are an amazing group of individuals who impress me every day with their work ethic and commitment to our Navy and our country.

There are actually several similarities between the Navy of 1812 and the Navy of today. Some of our missions are still the same, to include freedom of the seas and anti-piracy. Also, in addition to the great naval architecture that made Constitution so strong, the captains ran gun drills with the crew on a regular basis to ensure they would be ready for combat. Because of these drills, Constitution and its crew could fire rounds faster than their adversaries. Today we still run combat drills on our ships to ensure proficiency. While the technology has changed, the dedication and perseverance of our sailors has remained.



National Commander Paul E. Dillard presents Billie Farrell, commander of USS Constitution, with an American Legion membership. Farrell lives in Boston with her husband, Paul, also in the Navy, and their two children. Photo by Clay Lomneth

What are some tasks Constitution's crew performs that they wouldn't have the opportunity to do anywhere else in the Navy?

The crew does give tours to the public on a regular basis, which is not a task they would normally do elsewhere in the fleet. Also, they still climb the rigging of the ship and learn to raise the sails. Each day presents something new to learn and challenge the crew.

When officials have suggested decommissioning Constitution, the public always steps in - and steps up - to save the ship. Why does Constitution generate such affection in the hearts of Americans?

I think the story of USS Constitution resonates with the American public and reminds us all of our beginning as a nation. From the story of how the ship got its nickname of "Old Ironsides" to its undefeated battle record, it is a physical reminder that the American public is strong and can persevere even when others think we cannot. I think it also has to do with how accessible the ship is. While you can't walk up to other naval vessels on most days, you can walk onboard USS Constitution and be part of its story that we continue to write every day.

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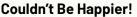
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OVID-19 accelerated a phenomenon that was well underway even before the pandemic sent hundreds of thousands of college students and faculty off campus and onto the internet. Virtual learning has been arcing upward for the past five years and is estimated to now surpass 4 million U.S. college students taking courses online.

Army veteran and American Legion member Joseph Wescott and Appalachian State University assistant professor of higher education Jason Lynch, both Ph.D.s, authored a grant-supported September 2021 report for The American Legion that recommends VA and the Department of Education clear up definitions, rules and outdated references for GI Bill-using veterans and military-affiliated students enrolled in online programs.

Wescott, a higher education consultant for the Legion and former president of the National Association of State Approving Agencies, says changes must be made to facilitate growth in virtual education "to encourage VA and the nation to embrace distance learning even more ... Online is the future, and the quality is there. The time has come. We're not going back, due to the far-reaching advancements in technology."

One issue identified in the report - titled "Opening Doors Online: Access, Accountability and Excellence in Veteran Distance Learning" - is that VA's definition of "independent study" differs from the Department of Education's interpretation. "When VA says 'independent study,' they are referring to 'distance learning," Wescott says. "When the Department of Education says 'independent study,' it's a very different thing."

"Currently, the Department of Veterans Affairs" definition and interpretation of online coursework

causes confusion among education institutions and government agencies and limits veteran students from taking full advantage of their earned benefits," the report states.

"This (virtual education) evolution has been extremely important to veterans and currently serving military personnel seeking college degrees or credentials in skilled trades," American Legion National Commander Paul E. Dillard said after the report was published. "Virtual learning allows them the flexibility to work, serve, train, travel and raise families while pursuing higher educations. Studies have also shown that online classes improved student retention rates and reduced the amount of time required to finish a degree."

The GI Bill, however, has not kept pace with changes in the virtual landscape, and the report recommends rewriting outdated rules and definitions of "independent study" to allow students to use their benefits for online courses and blended programs. "By implementing these changes, veteran and military students may benefit from broader course offerings and achieve their goal of a postsecondary credential in less time," the report states.

The American Legion's Employment & Education Commission hopes to use the report to pursue removal of regulatory hurdles for veteran students enrolled in distance-learning online programs. 🦃

Jeff Stoffer is director of The American Legion's Media & Communications Division.

"Opening Doors Online: Access, Accountability and Excellence in Veteran Distance Learning" can be viewed or downloaded at legion.org/publications.

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The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

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Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

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discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

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Adopted: The American Legion's policy on immigration reform

he American Legion's National Executive Committee passed a resolution May 5 that clarifies and updates the organization's policy on immigration, border control, detention and the route to naturalized U.S. citizenship.

Resolution 23 urges the federal government to reform and modernize the nation's immigration system to reflect changes in global migration patterns and the demographics of those coming to U.S. borders, and to enhance border security and visa procedures to help reduce and discourage illegal immigration.

Brought forward by the Legion's National Security Commission after discussions with U.S. Customs and Border Protection and the U.S. Border Patrol, the resolution calls for streamlined legal-immigration processing, reforms to the asylum system, adherence to laws on detention and due process for illegal border crossers, and strengthening of immigration reform agreements with transit countries to discourage the flow of

unauthorized immigrants. It also amplifies the Legion's long-held support for legal immigration into the United States and clear pathways to naturalization and citizenship.

Resolution 23 replaces the policy statement passed at the Legion's 2016 national convention but keeps in place seven other immigration-focused resolutions, including:

- 20 (2016), calling for full enforcement of immigration laws
- 27 (2017), opposing taxpayer funding for "sanctuary cities" where local authorities harbor unauthorized immigrants and do not cooperate with federal enforcement agencies
- 29 (2018), commending and supporting the U.S. Border Patrol
- 19 (2021), opposing deportation of non-citizen immigrant veterans
- 20 (2021), opposing deportation of immediate family of non-citizen immigrant veterans
- 10 (2018), calling for expedited U.S. citizenship processing for deported immigrant veterans

11.4 million

Approximate number of unauthorized immigrants living in the United States today

45%

Estimated percentage of unauthorized immigrants in the United States who arrived legally but overstayed their visas

U.S. law enforcement authorities with the Department of Homeland Security, along with state and local agencies, continue to enforce current immigration laws as they are written. The American Legion fully supports them in the conduct of their challenging mission.

• 15 (2018), calling on the Department of Defense to expedite U.S. naturalization and citizenship through military service prior to discharge for immigrants in the U.S. **Armed Forces**

WHEREAS ...

The American Legion's Preamble to our **Constitution states:** "We associate ourselves together for the following purposes ... to maintain law and order ... to promote peace and goodwill on earth ... to safeguard and transmit to posterity the principles of justice, freedom and democracy ..."

Members of The American Legion, having been exposed to the effects of poverty and oppression through military service, have a special understanding of the challenges many people of the world have, and we have a special concern for freedom ...

The American Legion believes in legal immigration into the United States and a path toward becoming a United States citizen ...

The United States Office of Immigration Statistics at the Department of Homeland Security estimates that there are 11.4 million unauthorized immigrants currently residing within the United States ...

The Department of Homeland Security, Office of Audits stated that each year more than one million individuals attempt to enter the United States without proper authorization or enter legally and then violate the provisions of their visas ...

It is estimated that approximately 45% of the unauthorized immigrants in the United States have arrived legally but overstayed their visa; now, therefore, be it,

RESOLVED ...

By the National Executive Committee of The American Legion in regular meeting assembled in Indianapolis, Indiana, on May 4-5, 2022, That The American Legion urges the United States government to adopt immigration reform policy that emphasizes border security, focusing on funding for barriers where needed, fielding of advanced technologies, and fully manning the border...

That The American Legion urges the United States government to enact laws that improve visa security through thorough vetting of applicants; reducing visa overstays; ending visa programs that are vulnerable to exploitation by bad actors ...

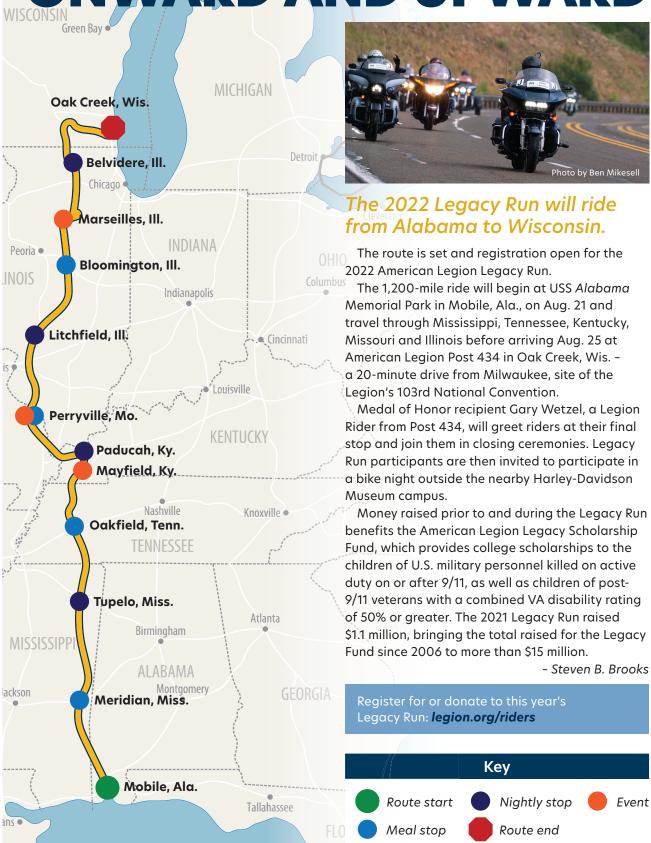
That The American Legion urges the United States government to streamline the legal immigration application process so as to help reduce and discourage illegal immigration ...

That The American Legion urges the United States government to reform the asylum system and adhere to laws requiring detention and expedited due process and/or removal of illegal border crossers ...

That The American Legion urges the United States government to strengthen immigration reform agreements with transit countries to discourage the flow of immigrants that attempt to enter the United States illegally ...

That 2016 National Convention Resolution No. 24, titled "Illegal Immigration Policy," and National Executive Committee Resolution No. 38, May 2009, titled "Support the Pentagon Program to Recruit Temporary, Legal Immigrants in the U.S.," are hereby superseded and rescinded.

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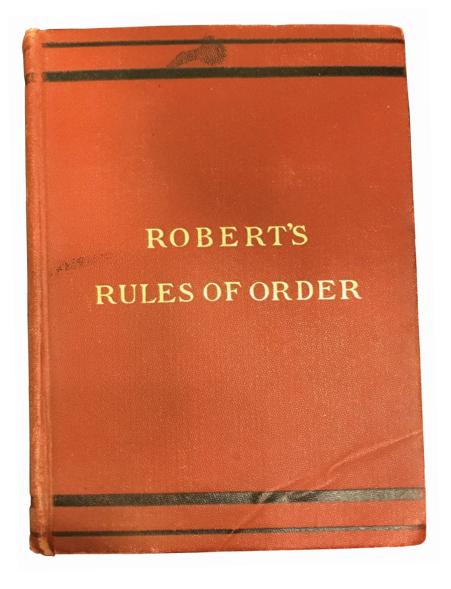
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Robert and His Rules

Army officer created set of parliamentary procedures used by American Legion, other organizations.

BY DOUGLAS E. OSBORN

After presiding over a contentious public meeting at a church in New Bedford, Mass., Army engineering officer Henry Martyn Robert wrote his own manual on parliamentary procedure, now in its 12th edition.



any organizations claim to use Robert's Rules of Order, but just as many either don't understand them or don't use them correctly. As a result, the world is filled with well-intentioned organizations where these rules are used improperly, irregularly or only partially. But where did these rules come from? Who invented Robert's Rules of Order? And what has their influence been over the past century?

The man behind the rules is Henry Martyn Robert. Born in South Carolina, Robert received his appointment to the U.S. Military Academy at West Point when he was 16. In 1857, he graduated fourth in his class and was commissioned as a second lieutenant assigned to the Corps of

Engineers. When the Civil War began, Robert remained loyal to the United States. He helped plan defenses around Washington, D.C., and Philadelphia Harbor, and was subsequently promoted to first lieutenant. Soon thereafter he was transferred to New Bedford, Mass.

Robert was elected chairman of a public meeting at the First Baptist Church in New Bedford. The purpose of the meeting was to discuss harbor defense, but discussion devolved into disorderly chaos. Embarrassed by his lack of knowledge about how to run a meeting, Robert used this experience to begin collecting information about parliamentary procedure on note cards that he carried for several years.

Transferred to San Francisco, he was asked to take a leadership role at the First Baptist Church of California, and soon learned that people from various parts of the country had many different ideas of how a meeting should be run.

Recognizing a need for a general reference tool, Robert began to seriously research and study parliamentary law - the basic rules of order that originated in England. He

researched both the historical and current rules to develop a set procedure that could be used by modern-day meetings. His research resulted in a short reference guide in 1869, created for himself and his friends to facilitate church meetings.

Robert's research continued into the spring of 1874, and although it was ready to go to press he couldn't find a publisher for his work. It was at this point, at the suggestion of his wife - who felt the rules might be too complex - that he added two new sections. The first section dealt with practical matters such as the scheduling of meetings and preparation of agendas. The second addressed legal rights of assemblies and the correct procedures for regulating behavior at meetings.

Once the manuscript was completed in 1875, Robert paid to have 4,000 unbound copies of "Rules of Order" typeset and printed by Burdick & Armitage, printers in Milwaukee. In early 1876, again with his own money, he paid publisher S.C. Griggs & Co. in Chicago to manage the sale and distribution of the "Pocket Manual of Rules of Order for Deliberative Assemblies."

Officially published on Feb. 19, 1876, 1,000 copies of the first edition were given free to civic leaders, educators, church groups and parliamentarians across the United States. That act helped create a tremendous demand, and the remaining 3,000 copies were sold out by May.

At the end of Robert's military career, on April 30, 1901, President William McKinley



Henry Martyn Robert Wikimedia Commons

rewarded him for his 44 years of service, promoting him to the rank of brigadier general and appointing him chief of the Corps of Engineers. Just two days later, on his birthday of May 2, he retired from the Army at 64.

Robert spent the rest of his life writing new rules and revising old ones, answering questions on points of order and accepting suggestions that were incorporated into the later editions of his book.

In 1915, "Robert's Rules of Order, Revised," featuring new material and a new copyright, was published. "Parliamentary Practice: An Introduction to Parliamentary Law" was published in 1921.

On May 11, 1923, Henry Martyn Robert died at 86 in Hornell, N.Y. The Robert family was active as the owner of the rules up through the sixth edition in 1951. They established the Council of the Robert's Rules Association, which currently owns the copyrights and continues to maintain the rules.

A quick internet search reveals more than 1.5 million nonprofit organizations throughout the United States. Robert's Rules of Order has withstood the test of time and is generally specified in the bylaws of most of these nonprofit organizations nationally as well as worldwide. In 2003, when the Hussein regime was toppled, the Iraqi Parliament was provided a translation to guide their new democracy. Today, government bodies, city and town councils, planning boards, school committees and every one of the more than 12,000 American Legion posts continue to rely on Robert's Rules of Order as the foundation for effective meetings.

Douglas E. Osborn is a retired lieutenant colonel who served 25 years in the Army, with assignments to Turkey, Iraq, Afghanistan and the continental United States. He is a member of Stafford American Legion Post 290 in Virginia.

UNFORGOTTEN



Members of the 508th Parachute Infantry Regiment fought off German attacks at "Hell's Half Acre," a patch of land south of the French village of Chef-du-Pont. u.s. Army photo

Hell's Half Acre

Young paratroopers led a misdropped resistance force that stalled German reinforcements in Normandy.

BY KEITH NIGHTINGALE

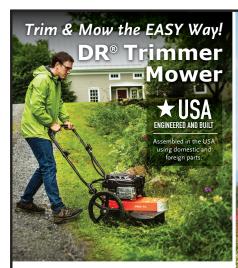
ell's Half Acre lies between the small Norman town of Beuzeville-au-Plain and Chef-du-Pont. It gained its name June 6-9, 1944, from 52 misdropped paratroopers of the 508th Parachute Infantry Regiment, 82nd Airborne Division.

On the night of June 6, Sgt. O.B. Hill and Staff Sgt. Ray Hummel had gathered between them 52 men, about 25 of whom were fully able. The rest were wounded or injured upon landing. All had been dropped into the swampy Merderet River plain, which was not the designated target, and barely escaped drowning. The two parties met as light was breaking. With their collective elements, they took stock of where they were and what they should do.

They quickly determined they were about 5 miles from their intended drop zone, on the primary road between the interior and Chef-du-Pont, which was their key D-Day objective. They knew this by scouting road signs; one pointed to the towns in each direction. They also observed German traffic, going both ways.

Hill and Hummel conferred, observed the farm complex astride the road and determined to start their war from there. Hill later said it was quite simple. On the main road to Chef-du-Pont, if they could block reinforcements, they might accomplish some good.

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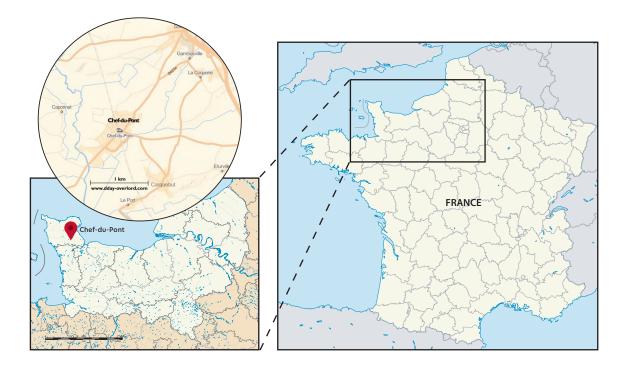
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Both NCOs hustled their men out of the riverbed and approached the road. They met fierce German fire from a portion of the complex and were halted. They immediately dug in along a hedgerow facing the complex, as well as the road approaches from either side.

The wounded were gathered into a low part of the ground and attended to as best grunts could do. It now became a standoff, which effectively blocked German reinforcements from getting through. Hill and Hummel had the wounded cleared of any ammo and sent several able-bodied troops back to the swamp to find door bundles. They failed in that regard but recovered more wounded, one of whom was from the 101st Airborne, also misdropped, who had been shot in the stomach.

In the early morning of June 7, several German tanks - converted Renaults - rumbled in from the west. Uncertain what and where the enemy was, the lead tank halted just on the edge of Hill's hedgerow. Hill crawled along next to it. The tank commander raised up for a better view, and as he did Hill lobbed a Gammon grenade cleanly down the hatch.

In his words, "The German popped out like a champagne cork!" The tanks retreated.

Throughout that afternoon and through June 8 and 9, Germans attempted to probe and penetrate, uncertain as to the strength and positions of the resistance outfit. The fields of fire were clear, and slow; well-aimed shooting took a steady toll, limiting German initiative.

The two NCOs deftly shifted their few able bodies around to meet each threat. Running low on ammo, they asked the remaining men if they should surrender. To a man, that was a clear "no." Here, they would stand.

By noon June 10, the group was almost completely out of ammo. No medical supplies remained, and fewer than 15 effectives. "It's a damn lucky thing the Germans never got their act together," Hill recalled. "If they had attacked from both sides simultaneously, our goose would have been cooked."

Throughout the morning, they heard heavy firing from Chef-du-Pont but had seen no U.S. forces on the road. A shout was heard from the eastern perimeter, and Hill went to the alert.

Just visible was a small group of Americans carefully working down the road toward them. The group gave a shout just as the Germans began to retreat westward from the farm complex. An NCO from the 90th Division greeted them, quickly arranged for the wounded and guided the rest to the rear.

This small group of misdropped troopers underwrote the term LGOP - Little Group of Paratroops - used to this day.

For five full days, age and rank were not important. A sense of responsibility, combined with tactical proficiency and resolve, made all the difference. 🦃

Keith Nightingale is a retired Army colonel and two-tour Vietnam War combat veteran.

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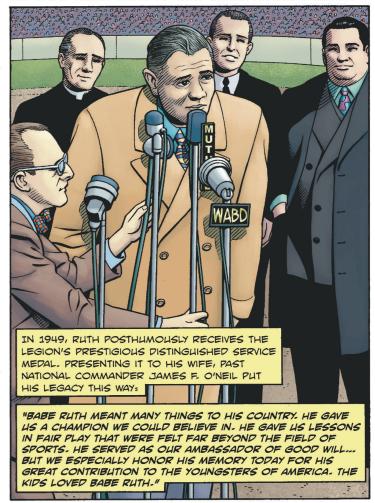
STORY: JEFF STOFFER GARY MARTIN ART: COLOR: MARCUS ESKOW AUGUST UHL EDITOR:

GEORGE HERMAN "BABE" RUTH IS ALREADY A MAJOR LEAGUE BASEBALL STAR BY THE TIME THE AMERICAN LEGION IS FORMED. IN 1919, HE HITS A RECORD-BREAKING 29 HOME RUNS. HE GOES ON TO BLAST A CAREER-RECORD 714 OUT



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NO. 1 PLAYER IN BASEBALL HISTORY.



Post-9/11 veterans fuel membership surge in Alaska

Jack Henry American Legion Post 1 in Anchorage, Alaska, was chartered Sept. 17, 1919, named for the first man from the city killed in action during the Great War. Thirty-three young veterans attended the first official meeting at a Moose Lodge.

Today, 103 years later, a new future belongs largely to a growing corps of post-9/11 veterans who are dedicated to the Legion's time-honored values and are fulfilling them in new ways. Over the past three

years, Post 1 has nearly doubled in size, from about 400 to more than 725, putting it in the No. 1 membership slot for the department.

Photo by Jeff Stoffer

"When you get us involved, what you discover is that the Legion has been around over 100 years," explains Post 1 Adjutant Laura Sturdevant, 33, an Air Force Academy graduate and former intelligence officer. "That means three generations have been through here. That means we have done that generational shift. And that means the Legion can survive, and it's not going to die. We just need to figure out how to go for the (global war on terrorism) veterans, and then we can ensure that it lives on for another 100 years."

The post has made a mission focus of attracting, activating and retaining young members for its entire American Legion Family. Its second-century renaissance has come by adjusting certain features to make it more family-friendly, fun, purpose-driven and community-connected.

"We brought in officers within the Legion who are engaged professionals, engaged downtown," 1st Vice Commander D.J. Jones says. "Chamber of Commerce members started coming in. They saw potential. They liked what they saw. First and foremost: how can we get you to be a member? Are you military? Are you a Son? Are you Auxiliary? We ask those questions. We try to get them in the membership. We keep working it."

Jones, an Air Force veteran of Desert Storm and Iraqi Freedom with 14 combat deployments to the



Jack Henry Post 1 Commander Justin Mills, right, Past Department Commander Michael Downs and Post 1 Adjutant Laura Sturdevant have led a youth movement in Anchorage, nearly doubling membership in recent years.

Middle East, has been a member for just over four years. In two of those years he has earned Gold Brigade jackets for recruiting 50 or more Legion members, and one year he received Silver Brigade honors for signing up more than 25.

"Our average age has dropped down to the 40s," Jones says. "That's just targeting the younger group - things like, believe it or not, beer and yoga. The first time I heard it, I laughed. Beer and yoga? Are you kidding me?" Some of the post's older

members weren't so sure about such a combo, pretty sure they heard "beer and yogurt" at first, he says. But once they realized different ideas were changing the demographics of the post, "they really liked the energy."

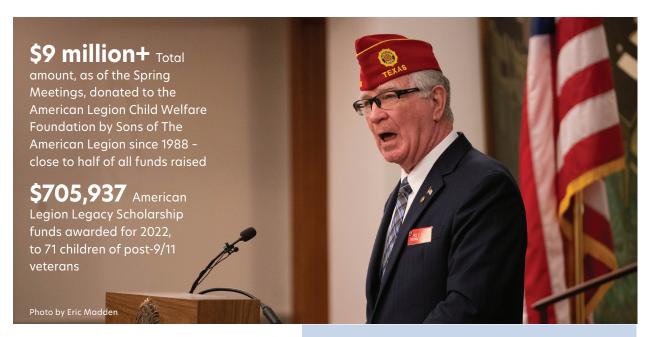
Now, Jones says, there is a strong bond between older members and the new generation that has proven mutually beneficial. "A lot of vets coming in will stop and get to talking and find out a veteran who served in Afghanistan or Iraq has – go figure – very similar experiences to a veteran who served in Vietnam or Korea."

Sturdevant says one of the best things the older veterans provide the new generation is a "wealth of industry knowledge - name the industry. For us young folks that are getting out of the military, that's a great source that we can pick up on ... 'Hey, how do I do my outside civilian job when all I have ever known is the military?' A key point is in our transition out ... how things operate in the civilian world is different than in the military world. Those of us who joined right out of high school, that's all we have known."

Civilians don't always understand that, she says. Legionnaires, regardless of age or war era, do. "It's a home. I liken it to that spirit of service we had in the military."

- Jeff Stoffer

Learn more about Post 1's resurgence: legion.org/membership



Dillard on PACT Act: 'If not now, when?'

In April, American Legion National Commander Paul E. Dillard toured seven states, from Alaska to Georgia, to rally veteran support for passage of the Honoring Our Promise to Address Comprehensive Toxics Act (PACT Act) in the U.S. Senate.

He then brought that message to Indianapolis on May 3, where Legionnaires from across the nation had gathered for the organization's Spring Meetings. Calling the PACT Act a "once-in-a-generation piece of legislation," Dillard reiterated the need for the Senate to bring it to a floor vote.

Passed by the House of Representatives in March, the PACT Act would provide Priority Group 6 status for more than 3.5 million veterans exposed to toxic contamination, including burn pits in Iraq and Afghanistan. It also expands the list of conditions associated with Agent Orange exposure, and acknowledges illnesses suffered among veterans exposed to atomic radiation and toxic water at Camp Lejeune.

"We have spent trillions rebuilding other countries from the ravages of war," Dillard said. "These men and women are also a cost of war, and those bills must be paid."

- Steven B. Brooks

SELECTED RESOLUTIONS OF THE SPRING MEETINGS

INTERNAL AFFAIRS

3 Departments and posts encouraged to honor past national commanders' gravesites

NATIONAL SECURITY

27 Supports establishment of 24-hour child development centers on all military installations

VETERANS AFFAIRS & REHABILITATION

10 Improve VA care for LGBTQ+ veteran community 11 Urges VA to automatically enroll eligible veterans into care, with the option to opt out 12 Urges White House to consider judges with expertise in veterans law for appointment to U.S. Court of Appeals for the Federal Circuit 15 Supports continued development of VA prosthetic program

18 Urges VA to support caregivers of any age when caring for a veteran/servicemember with complex medical or mental health needs

VETERANS EMPLOYMENT & EDUCATION

20 Amend Title 38 to provide GI Bill education benefits for veterans receiving general discharge under honorable conditions

21 Endorses transfer of duties and responsibilities of Center of Verification and Evaluation from VA to **Small Business Administration**

Read all 30 resolutions passed: legion.org/archive

Paralympian Rob Jones to emcee national convention

Afahanistan veteran and Paralympian Rob Jones will emcee the opening ceremonies of the 103rd American Legion National Convention on Aug. 30 in Milwaukee.

Jones joined the Marine Corps Reserve as a combat

engineer while attending Virginia Tech. In 2010, he was wounded by an exploding land mine, resulting in a left knee disarticulation and amputation of his right leg above the knee. During his recovery at Walter Reed National Military Medical Center, Jones learned to navigate life with two bionic knees and took to rowing. He decided to train for the 2012 Paralympics, where he and his partner won bronze.

In 2013, Jones began a solo supported bike ride from Maine to California, covering 5,180 miles in 181 days and raising money as part of a team for wounded-veterans charities. In 2017, he completed



a back-to-back marathon challenge, running 31 marathons in 31 days in 31 major cities.

A public speaker, Jones lives with his wife on a farm in Middleburg, Va., where he is a member of American Legion Post 295.

Front of House band headlines **National Commander's Banquet**

The featured performer at the National Commander's Banquet on Aug. 30 will be Front of House, a nine-piece group that packs the dance floor with stellar vocals, sizzling horns and a driving rhythm section. Led by David Sherman, the band's selections include Sinatra-style jazz, R&B from the '60s and '70s, classic rock from the '80s and '90s, and contemporary pop.

The banquet is sold out; contact your department adjutant for more information.



"My goal is the best talent we can recruit."

Adm. Linda Fagan, voted unanimously by the Senate on May 11 to be confirmed as commandant of the Coast Guard. Fagan is

the first woman to head a military service branch, but she will not be the first to serve as a member of the Joint Chiefs of Staff, Military.com reports. The Coast Guard commandant, who heads the only branch of the U.S. Armed Forces housed outside the Department of Defense, is a

de facto member of the panel and lacks full voting rights. Legislation has been introduced, however, that would elevate the Coast Guard

20%

U.S. adults with no or limited credit history, according to the Consumer Financial Protection Bureau

commandant to full and equal membership on the Joint Chiefs. MY GI BILL VETERANS & EDUCATION BY VALERIE HEFFNER

On-the-job training switch

Q: Recently I was offered a job at a Texas police department. I attend a local community college, and would like to know if it is possible to switch from this institution to on-the-job (OJT) training and use my Chapter 33 GI Bill education benefits. If I do, will my monthly housing allowance (MHA) remain the same?

A: VA allows beneficiaries to change their course of study to OJT. It is highly recommended you complete your semester at the community college prior to applying for OJT benefits at the police department. To receive Chapter 33 benefits, you must ensure the police department is approved through the state approving agency in Texas. If so, apply at va.gov, changing your location of training to the police department.

The payment received during OJT training is a different amount than received while attending a community college. VA students receive 100% of MHA for the first six months and distinctive percentages of it afterward.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org



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Invisible under clothing?	YES Men's Liberty is unnoticeable — only you know it's there	NO Awkward diapers can be ill-fitting, bulky and uncomfortable
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1 Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan;
11 (1):125-9. doi:10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.

SECURE Act 2.0 and your retirement strategy

As I write, the SECURE Act 2.0 has passed the House and is sitting in the Senate. A lot can change between now and passage, but several themes are likely to emerge based on what we've seen in the legislative process up to this point. Let's look at four of those themes and what they might mean for your financial situation:

Employers are going to make it easier to save, and more rewarding. Automatic enrollment - signing people up to make contributions to their employer retirement plan when they start a job - could get a boost, along with automatic increases in how much individuals contribute. Both are shown to boost participation and savings rates. Another exciting change is the potential for employers to make contributions to Roth accounts. Employer matching contributions, profit sharing or other contributions have always been directed into the pre-tax side of a retirement account. This change could especially benefit younger savers by allowing them, via their employer's contributions, to create a larger potentially tax-free nest egg.

Savers may be able to save more, later in the game. Time is money, but does more time mean more money? That's the bet Washington is making when it comes to saving for retirement. There might be an aggressive increase in "catch-up" contribution limits available to those 50 and older, and perhaps an additional boost for savers in their 60s. This could allow more seasoned savers to leverage tax-advantaged accounts to a larger extent to make up ground later in life. As a new empty-nester, I can see how this may be helpful at

a time in life when earning power can be at its highest and financial obligations are down.

Military spouses may reap rewards. Any new legislation may include provisions that will incent employers, even small employers, to offer retirement plans to military spouses. These changes could make the plans more attractive to both the employer (tax incentives) and the military spouse (quicker eligibility/shorter vesting periods).

Retirement distribution rules are likely to change again. I'm not sure I've fully recovered from the demolition of the old stretch-IRA rules that took place in the original SECURE Act (2019). In any case, it seems the age at which retirement plan and IRA distributions must begin is likely to be pushed back again. In recent years, we've seen the required beginning date shift from 70½ to 72, and it could become later. It might make more sense to evaluate the implications of "voluntary" distributions or Roth conversions from your retirement plans and IRAs to manage income taxes and second-order effects, such as how much you pay for Medicare or how much of your Social Security is taxed.

This just scratches the surface. However, changes to the rules surrounding retirement and taxes drive home the importance of monitoring and updating your personal financial plan. Use this opportunity to talk with your financial team about potential adjustments to your retirement strategy.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. **legion.org/usaa**

Promotion for Ulysses S. Grant?

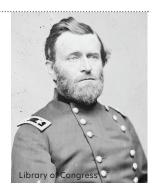
Legislation has been introduced with bipartisan support to posthumously elevate President Ulysses S. Grant to the rank of General of the Armies of the United States, which is the Army's highest rank. The legislation would confer on Grant the same honor given to George Washington when he was posthumously promoted during the nation's bicentennial in 1976.

"Gen. Ulysses S. Grant was the principal author of Union victory during the Civil War," the Grant Monument Association said in a statement. "His achievements on the battlefield ensured the very survival of our nation amid the greatest threat it had ever faced. Many historians rightfully

regard him as not only the most capable and accomplished general in American history, but also one of the great military commanders in world history.

"So, it is only fitting that, as was done for

George Washington during the nation's bicentennial in 1976, Gen. Grant posthumously be accorded the Army's highest rank - and there is no better time to do so than during the Grant bicentennial in 2022."



"I haven't been this excited since I got my first bicycle!"

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Remember when you were a child and got your first bicycle? I do. It gave me a sense of independence . . . I felt like I could go anywhere, and it was so much easier and more enjoyable than walking. Well, at my (adaptable left or right) age, that bike wouldn't do me much good. Fortunately, there's a new invention that gives me the freedom and independence to go wherever I want . . . safely and easily. It's called the Zoomer, and it's changed my life.

My Zoomer is a delight to ride! It has increased my mobility in my apartment, my opportunities to enjoy the out-of-doors, and enabled me to visit the homes of my children for longer periods of time. The various speeds of it match my need for safety, it is easy to turn, and I am most pleased with the freedom of movement it gives me.

Sincerely, A. Macon, Williamsburg, VA

After just one trip around your home in the Zoomer, you'll marvel at how easy it is to navigate. It is designed to maneuver in tight spaces like doorways, between furniture, and around corners. It can go over thresholds and works great on any kind of floor or carpet. It's not bulky or cumbersome, so it can roll right up to a table or desk- there's no need to transfer to a chair. Its sturdy yet lightweight aluminum frame makes it durable and comfortable. Its dual motors power it at up to 3.7 miles per hour and its automatic electromagnetic brakes stop on a dime. The rechargeable battery powers it for up to



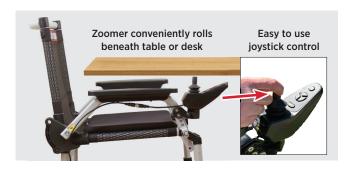
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design enables you to transport it easily and even store it in a closet or under a bed when it's not in use.

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206, e-mail reunions@legion.org or submit information online at legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listinas are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. Due to the large number of reunions The American Legion Magazine will publish a group's listing twice a year.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to *The American Legion Magazine*, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid-Up-For-Life membership.

Notices must be submitted on official forms, which may be obtained by sending a selfaddressed stamped envelope to The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing,

send a letter to The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206. Include the listing's CID

number in your response.
"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

379th Sec Police Sqdn, Wurtsmith AFB, MI, 6/8-11, 2023, Jeff Smith, (740) 819-5095 379thspsreunion@earthlink.net; 410th Sec Police Sqdn, Little Lake, MI, 7/8-9, Elaine Bowman, (256) 492-3166, eskie36@gmail.com; Pforzheim Air Stn Veterans Assn, Branson, MO, 9/20-23, Doyle Hardy, (817) 366-0166, k5hte1@ amail.com

ARMY

1/52 Inf Bn 198th LIB Americal Div, Columbus, GA, 10/17-20, Dennis Loop, (832) 443-5684, vvet71@aol.com; 1st Bn 94th Field Arty, Diamond Head, MS, 9/9-11, Frank Morris, (228) 229-0647, fomopawpawnana@yahoo.com; 1st Bn 246th Armor, Decatur, MI, 10/1, Gary Sternaman, (517) 262-7108, adjutantgary@ gmail.com; 2nd 94th Arty (Vietnam), Clarksville, TN. 9/13-17. Felton Dunnehoo. (337) 513-8320. feldun@msn.com; 3rd Bn 14th Inf 10th Mtn Div, Watertown, NY, 7/22-24, Carlton Cooper, (617) 947-6722, gd314infreunion@yahoo. com; 3rd Bde "Golden" 82nd Abn (Vietnam), Columbus, GA, 9/7-11, Richard O'Hare, (804) 338-8222, abc82abnvn@aol.com; 20th Ena Bde, Deadwood, SD, 9/22-25, Art Halmstad, (920) 738-5326; 31st Cbt Eng Bn (Vietnam), Fort Leonard Wood, MO, 10/6-9, Leo Farias, (361) 815-7749, leofar41@gmail.com; 44th Eng, St. Joseph, MO, 9/14-17, David Szprejda, (715) 548-1208, balmgilean@yahoo.com; 107th Eng Bn Assn, Gladstone, MI, 8/12-14, Thomas Perry, (906) 362-4861, perryte@att.net; 134th Assault Heli Co (Phu Hiep, Tuy Hoa, 1967-1971), Philadelphia, 9/14-18, Paul Maryanski, (609) 694-2026, paulmaryanski@yahoo.com; 167th Sig Co (RR), Louisville, KY, 10/2-6, Chuck Widener, (309) 547-2579, catwide53@gmail.com; 205th MP Co (Mar 1971-Jan 1973), Leavenworth, KS, 9/7, Larry Grebe, text (574) 209-0273, ldgrebe@ gmail.com; 249th Eng Bn Assn "Black Lions," Springfield, VA, 9/22-25, Robin Wandell, (660) 815-1166, firewoodfriends@hotmail.com; 472nd MP Co (Fort Wainwright, AK), Kansas City, KS, 9/23-25, Steven Shoemaker, (612) 245-6569, skyshoe@aol.com; 630th Eng Co (LE) (Vietnam), Branson, MO, 9/15-17, Cecil Brown, (731) 415-6460, cecilnbrown@charter.net; Army Chaplain Corps Rgt, Tucson, AZ, 10/25-28, Dennis Madtes, (813) 842-4767, madtesdw@aol.com; H Trp 17th Cav (Vietnam, 1967-1971), Kansas City, MO, 10/7-9, Bill Johnson, (816) 261-5505, htroopwife@ gmail.com; Nat'l Pathfinder Assn, Savannah, GA, 9/10-14, Robert Fogarty, (304) 716-1311, fogart157@hotmail.com

COAST GUARD

Glacier WAGB 4, Seattle, 9/16-18, Bert DeJong (978) 578-1347, dejongpago@hotmail.com; Salt Lake CG Reserve Unit, Salt Lake City, 8/6, Thomas Cowan, (801) 628-0687, tjc12112@ gmail.com, saltlakecgru@gmail.com

JOINT

Cam Ranh Bay, Vietnam (1962-1975), Kansas City, MO, 9/29-10/2, Diana Westphal, (920) 609-5672, dicancooka@gmail.com; Desert Storm Vets, Tampa, FL, 2/4-9, Anthony Taylor, (740) 646-6164, savacations0814@gmail.com

MARINES

1st Bn 27th Mar. Little Elm. TX, 9/28-10/2, Felix Salmeron, (469) 583-0199, fsalmeron@gol. com: 2/4. Amtrac Plt "AmGrunts" (1967-1969). Billings, MT, 9/15-17, Austin Gillette, (701) 312-0433, austingillette39@yahoo.com; 26th Mar Assn, Springfield, VA, 8/18-22, Sonny Hollub, (512) 825-4730, sonnyusmc@gmail.com; Bulk Fuel Assn, Quantico, VA, 9/24-27, Jim Good, (517) 414-1806, jlgood50@hotmail.com; Force Logistics Cmd (All Bns), Niagara Falls, NY, 9/19-23, John O'Conner, (585) 367-2405; Hotel Co 2nd Bn 7th Mar (Vietnam, 1965-1970), Oklahoma City, 6/8-13, 2023, Jim "Jerry" Norris, (940) 631-7233, postaim16@hotmail.com; VMF/VMA-311 Tomcats (1942-2022), Indianapolis, 10/2-6, Jim Galchick, (330) 337-9383, jgalchick@neo.rr.com

Alfred Cunningham DD 752, San Antonio, 9/26-30, John Keith Johnstone, (414) 762-7587, johnstone752@att.net; Altair AKS 32/AK 257, Uncasville, CT, 9/5-9, Bruce Davis, (321) 278-8068, bandedavis@bellsouth.net; American Assn of Navy Hospital Corpsmen, Corpus Christi, TX, 9/21-25, Paul Denis, (319) 699-5274, pdenis7@outlook.com; Amphibious Ships, Colorado Springs, CO, 10/9-13, Willard Stewart, (814) 669-9189, buzzjudy@comcast.net; Arnold J. Isbell DD 869, Albuquerque, NM, 9/23-26, Jim Walter, (410) 452-0202, jwmauser@yahoo. com: Arthur W. Radford DD 968, Providence, IL. 10/14-16. Budd Webster. (585) 781-8290 budd@dd968reunion.com: Bon Homme Richard CV/CVA 31 & LHD 6. St. Louis, 9/19-25. lim Barton, (225) 328-6118, honeyboo88@cox.net; Carpenter DD 825 Houston, 9/25-29, Glenn Brown, (816) 594-6374, gonavy02@hotmail.com; Chikaskia AO 54. Columbus, GA, 10/11-15. Robert

Grant, (781) 249-5501, bobgrant1942@gmail. com: Clamagore SS 343, Virginia Beach, VA. 10/10-14, Jim Griffin, (850) 865-2766 realbiggem@cox.net; Connole DE/FF 1056, Providence, RI, 10/5-9, Dave Neimeyer, (484) 378-2725, dave@neimeyer.org; *Dixie* AD 14, Tucson, AZ, 9/25-30, Ken Robinson, (520) 825-5613, ussdixiereunion@vahoo.com: Doualas H. Fox DD 779, Norfolk, VA, 9/8-11, Joe Sczyrek, (201) 563 1264, dd779association@verizon.net; Enterprise CVAN/CVN 65, Las Vegas, 9/20-24, Bruce Mooberry, (316) 619-1268, brucemooberry@ gmail.com; Fleet Tankers Assn, Columbus, GA, 10/11-15, Robert Grant, (781) 249-5501, bobgrant1942@gmail.com; Fresno LST 1182, San Diego, 6/23-25, Hoss Peterson, (615) 477-5636, ussfma1182@gmail.com; Galveston CLG 3, Rapid City, SD, 9/27-10/2, Bob Bakos, (412) 926-2129, robjan714@comcast.net; Guam LPH 9, Norfolk, VA, 9/25-10/1, William Frazier, (757) 499-6278, wfrazier7@cox.net; Guantanamo Bay, Herndon, VA, 10/11-15, Mike Warman, (904) 461-9431, mwarmanfl@gmail.com; HS-3 Tridents, Williamsburg, VA, 9/13-15, Robert Collins, (781) 956-0527, hs_3_tridents_assoc@ yahoo.com; John Paul Jones DD 230/932 & DDG 32/53, Branson, MO, 9/26-30, Ray Schmidy, (716) 200-8511, landau365@yahoo.com; John R. Pierce DD 753, Annapolis, MD, 9/12-16, Karl Cox (937) 631-2655, cox45372@gmail.com; Leyte CV/ CVA/CVS 32, Jacksonville, FL, 9/28-10/2, John Mitchell, (480) 239-9555, 1016coney@gmail.com; Mars AFS 1, San Diego, 9/28-10/1, Edgar Biddle, (713) 899-5035, edbid@yahoo.com; McCloy DE/ FF 1038, Cleveland, 9/23-25, Frank Surette, (703) 901-2288, fsurette@financialguide.com; NMCB 1, 9, 10, Pigeon Forge, TN, 10/23-27, Peter Dowd, (617) 688-2512, seabeemcb1@yahoo.com; Nimitz CVN 68, Tampa, FL, 10/15-20, Dave Wood, (630) 251-7299, davehartleywood@comcast. net; Ranger CV/CVA 61, Branson, MO, 9/22-25, Larry Schmuhl, ussrangerreunionassociation@ gmail.com; Salmon SS 573, Branson, MO, 10/3-6, William Anderson, (406) 777-2422, bigsal573@ msn.com; Sam Rayburn SSBN 635, Mobile, AL, 5/22-27, Winston Dunn, (228) 623-0451, n5phms@amail.com: Sea Cat SS 399. Little Rock, AR, 10/17-20, Edwin Hymer, (515) 981-3006,

EGION SHOPPER





ednmeg@mchsi.com; Sperry AS 12, Indianapolis, 7/19-22, George Planic, (847) 665-9810, sperrypresident@gmail.com; Terrell County LST 1157, Branson, MO, 9/29-10/1, Clovis Long, (417) 438-3704, clovis43@hotmail.com; Threadfin SS 410, Jacksonville, FL, 11/3-6, Stephen Kolb, (904) 646-3814, snrkolb@comcast.net; Vance DER 387, Kissimmee, FL, 9/18-23, Jim Ensey, (410) 442-9839; **VP-69,** Oak Harbor, WA, 8/19-21, Daryl Phillippi, (503) 765-4348, darlpdx@gmail.com; Warrington DD 843, Orleans, MA, 7/17, Beverly Fuller, (508) 221-5489, bevs_studio@hotmail. com; Washtenaw County LST 1166, Norfolk, VA, 9/26-29, Chris Nitzel, (503) 804-5573, crisnitzel@ gmail.com; Wasp, Jacksonville, FL, 10/12-16, Walt Pinegar, (936) 291-0228, wpinegar2@ gmail.com; Westchester County, LST 1167, North Charleston, SC, 9/22-25, Bill Kaupas, (972) 977-6588, bkaupas@msn.com

LIFE MEMBERSHIP

Post 331, IN: George Brown, Donny Nelson, Paul

IN SEARCH OF

- 1st Inf Div B Btry 8/6 Arty (Phu Loi, Vietnam, 1967-1968), Jim Kelly, (608) 619-0165, jjkwbk@
- 1st Inf Div B Co 2/2 Mech Inf (Lai Khe, Vietnam, 1968), Jim Kelly, (608) 619-0165, jjkwbk@ mwt.net
- 14th Armd Cav Rgt 2nd Bn Tank Co (Bad Kissingen, Germany, 1951-1953), Al Stauffer, (740) 373-1751, ajstauffer@suddenlink.net
- 12th Eng Bn HQ Co 3rd Echelon (Dexheim, Germany, 1961-1964), Joe Nerat, (906) 863-8664, joenerat@gmail.com
- 82nd Abn Div MPs (July 1970-Mar 1972), John Anderson, (502) 885-2959
- 86th Trans Co (Long Binh, Vietnam, 1968-1970), Joe Rieke, (563) 260-1041, jrieke@machlink.com

Abn Early Warning & Control Wing (McClellan AFB, CA, 1954-1958), Walter Lenhart, (814) 289-3721, walterlenhart3721@gmail.com

Army Finance School, Finance Procedures Course No. 4 (Fort Benjamin Harrison, IN, Aug-Sept 1965), John Haggard, (231) 342-2905, samhunt59@yahoo.com

Army Personnel Ctr Finance Sect (Oakland, CA, Nov 1965-Mar 1967), John Haggard, (231) 342-2905, samhunt59@yahoo.com

Pacific Missile Range (Kaneohe Bay, HI, Original Ship's Co, 1960-1962), Len Laflesch, lenlaflesch@gmail.com

TAPS

- Kenneth L. Dowse, Dept. of Arizona. Dept. Cmdr. 2012-2013, Nat'l Distinguished Guests Cmte. Vice Chmn. 2007-2009 and Nat'l Sec. Cncl. Memb. 2009-2022.
- Clifford R. Griffiths, Dept. of New Jersey. Dept. Cmdr. 2000-2001 and Nat'l Aerospace Cmte. Memb. 2004-2018.
- Randy J. Knight, Dept. of Utah. Nat'l Citizens Flag Alliance Dept. Chmn. 2004-2005, Nat'l Conv. Cmsn. Advisory Board Memb. 2004-2006 and Nat'l Foreign Relations Cncl. Vice Chmn. 2008-2012.
- James D. Moore Jr., Dept. of North Carolina. Dept. Cmdr. 2019-2021, Nat'l Legis. Cncl. Chmn. 2021-2022 and Nat'l Sec. Cncl. Memb. 2015-2019.
- Connie Jo Popham, Dept. of Texas. Nat'l Distinguished Guests Cmte. Vice Chmn. 2006-2013 and Nat'l VE&E Cncl. Memb. 2013-2014.
- Robert W. Schwartz, Dept. of Washington. Dept. Cmdr. 2009-2010, Nat'l Aerospace Cmte. Memb. 2015-2018, Nat'l Counter-Subversive Activ. Cmte. Memb. 2004-2013 and Nat'l Legis. Cncl. Memb. 2011-2019.
- Milo Vukovich, Dept. of Mexico. Dept. Cmdr. 2017-2022 and Nat'l Sec. Cncl. Memb. 2016-



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My poor knowledge of Greek mythology has always been my Achilles' elbow.

A BOY in a toy store selected a miniature car, took it to the register and gave the cashier paper money from a board game.

The cashier commented, "This money isn't real. kiddo."

"That's OK," the boy replied. "Neither is the car."

A COMPANY OWNER was asked how she motivated her employees to be on time.

She smiled and replied, "It's simple. I have 30 employees and 29 free parking spaces. One is paid parking."

A FRIEND OF MINE went bald years ago but still carries an old comb. He can't part with it.

A MAN swallowed his glass eye and rushed to a stomach specialist. "I've looked into a lot of stomachs in my days," the doctor said, "but this is the first one that ever looked back."

WE'VE ALL HEARD that a million monkeys banging on a million typewriters will eventually reproduce the entire works of Shakespeare. Thanks to the internet, we know this isn't true.

TWO GUYS are out drinking when one of them falls off his bar stool onto the floor.

"One thing about Fred," his buddy says to the bartender. "He knows when to stop."

DID YOU HEAR the one about the roof? Never mind. It's over your head.

A GIRL burst into her brother's bedroom and shook him awake. "Come quick!" she cried. "There's a mouse squeaking under my bed!"

Her brother yawned, "What do you want me to do. oil it?"

"LET'S GET MARRIED and have kids so instead of a lazy Saturday morning we can panic because a sports uniform didn't get put in the dryer." - Simon C. Holland



"This is a surprise! He left it all to me."



"This is why you put the cover on the Jacuzzi at night."



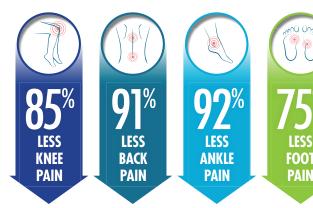
"Who shows pictures from their staycation?"



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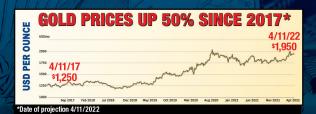
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